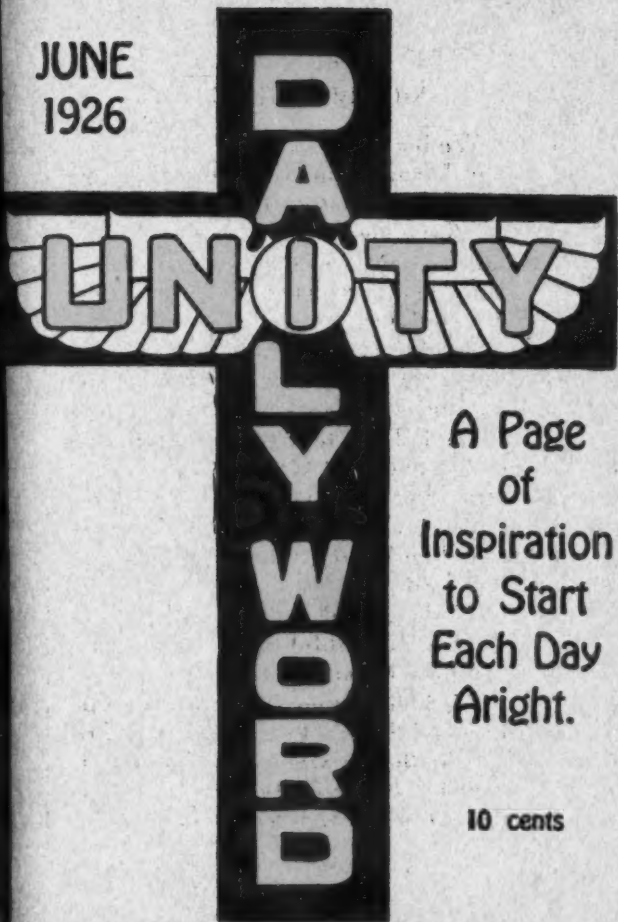


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We believe that God is Spirit and they that worship Him must worship Him in spirit and in truth.

We believe that God is Light and that if we walk in the light, as He is in the light, we have fellowship one with another.

We believe that God is love and that every one that loveth is born of God and knoweth God.

We believe that Jesus is the Son of God and that God hath given us eternal life and this life is in His Son.

We believe that we are children of God and that He hath given us of His Spirit.

We believe that if we confess our sins He is faithful and just to forgive us our sins.

We believe that the world passeth away and the lust thereof, but that he that doeth the will of God abideth forever.—*Rev. Henry D. A. Major, D. D., principal of Ripon Hall, Oxford.*







UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

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In This Issue:

"THE SILENCE"

An interpretation of the Lord's prayer;
the first lesson of the Unity correspondence
course printed here in full

Also thirty inspiring daily lessons for June

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Four additional pages this month

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THE HOUR OF PRAYER

F. B. Whitney

Sweet hour of prayer, sweet hour of prayer,
Infolded in the presence rare
Of One who fills with Truth and Light,
The One who works with wondrous might.
The stillness of this silent hour
Brings peace, good will, and conscious
power;
The time of silence is to me,
Eternal joy and harmony.

Sweet hour of prayer, sweet hour of prayer,
In love with all men everywhere,
The universe is but the whole
Of all that is in man's pure soul.
Through Christ, the Truth, I now behold
The brotherhood of man unfold.
Man thinks this loving thought and feels
The beauty Christ, the Truth, reveals.

Sweet hour of prayer, sweet hour of prayer,
Into the "secret place" repair;
I feel that quick'ning Life of thine
And know that thine is also mine.
The Light of Truth is now revealed;
I sing with joy, for I am healed.
The glory of the Lord I've seen,
At-one with him I'm kept serene.

THE SILENCE



THE SUBJECT of prayer is of vital importance to every human heart, because the hopes and the destinies of mankind depend so largely upon what men believe concerning the willingness and power of God to answer prayer. That he does hear and answer those who call upon him, millions have believed and proved. "All things are possible to him that believeth." With the incentive before us of the possibility of being able to learn to pray with understanding and always get an answer, we can come to this study of prayer with whole-hearted interest.

Jesus promised: "All things, whatsoever ye shall ask in prayer, believing, ye shall receive." He gave some clear, definite instructions about how to pray, and he gave the Lord's Prayer as a model. These instructions and this prayer furnish all necessary information to one who would pray the fervent, effectual prayer that avails much.

First he warned against praying for the purpose of being seen and heard of men; then he taught the true way: "When thou prayest, enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret, and thy Father who seeth in secret shall recompense thee."

The key word in this text is "Father." The first and most important point in the study of prayer is to understand the true character of him to whom we pray. Hardly less important is it that we understand our relation to him. Jesus called him "Father,"

and taught us to approach God as children would an earthly parent. "After this manner therefore pray ye: Our Father."

This relationship suggests love. "God is love." To bring this close to us, the Scriptures give these comparisons: "Like as a father pitieth his children, so Jehovah pitieth them that fear him." Those who fear Jehovah are those who stand in holy awe and reverence before him. "What man is there of you, who, if his son shall ask him for a loaf, will give him a stone?" "If ye . . . know how to give good gifts unto your children, how much more shall your Father who is in heaven give good things to them that ask him?"

If you have prayed and have not received, perhaps it was because you have not come to God as to a Father, believing in his loving readiness to give you good things. (Just here it would be well to lay aside the lesson and give yourself to a few moments' meditation upon this point. It would help, in this connection, to consider also that God is Wisdom as well as Love.)

The better understanding we have of the character of "our Father," the greater will be our faith, and with the more certainty shall we receive. Great light is thrown upon the true nature of God by the statement of Jesus: "God is Spirit; and those worshipping him must worship in Spirit and Truth" (Emphatic Diaglott). This does away with the idea that God is a man and far removed from us. Spirit is Infinite Mind, always and everywhere present. Paul describes this omnipresent One and our relation

to him, when he says: "In him we live, and move, and have our being." (Again, lay aside this lesson and think what it means to live, move, and have your being in God, who is love, wisdom, life, power, and strength.)

God is everywhere present, but it is within man that conscious union is made with God. This inner place of union Jesus refers to as "thine inner chamber," and the Psalmist calls it the "secret place of the Most High." One Bible translation refers to it as "thy closet."

"Enter into thine inner chamber." That is, turn your attention from the without to the within. "And having shut thy door, pray." To close the door is to still the five senses that connect one directly with the outer world. They will keep calling the attention without, if they are allowed to do so. Closing the eyes helps very much in closing the door to the outer world. Then "pray to thy Father who is in secret." This inner closet of prayer is the secret meeting place between God and man. It is a place of stillness, of silence, so we speak of entering it as "going into the silence."

It is no cause for discouragement if one is not able at first to enter this secret place or to close the door on the outer world. The old habit of the senses to be active in the exterior consciousness is not overcome all at once, but by daily practice. It is well to have a regular time for the silence, but the mind should also be trained to "pray without ceasing." That is, the ability to turn within at all times in conscious communion with God, should be sought by a continuous

realization of God as ever present, "over all, and through all, and in all," and manifest always in the secret place when you turn your attention there to meet him.

What we shall say in the secret place is a secondary matter. The first and most important affair is to be still and know God. "Be still, and know that I am God." Paul, in speaking of the innate desire for God in all men, says that God "made of one every nation of men . . . that they should seek God, if haply they might feel after him and find him, though he is not far from each one of us: for in him we live, and move, and have our being."

In the silence we feel after God, and great is the blessing when we get so still that we feel his presence filling and thrilling us with his life and love. We then care little for the things of the world. They lose their seeming importance, and we know what is meant by the command and the promise: "Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you."

The familiar Lord's Prayer will be a new one to us when prayed "in the silence." This prayer is filled with the life and the substance and the power of Jesus' realization of Truth, and it will open up with new meaning as it is prayed to the Father in the "secret place."

"Our Father." The simplicity and the majesty of this term are impressed upon one when he thus addresses God in the inner closet and meditates upon his character.

"Who art in heaven." This has been taken to

mean "who art in the skies," but such an interpretation is misleading. Jesus says: "The kingdom of God is within you." Having learned the true nature of the Father, we can no longer think of him as separated from us. Heaven is the kingdom of God, and is an omnipresent spiritual state. We find it within when we find God. It is the realm of perfection, and order, and life, and love, and peace, and wisdom.

"Hallowed be thy name." Hallowed comes from the word that means wholeness. God's name is wholeness and perfection. It should be so realized by us.

"Thy kingdom come. Thy will be done, as in heaven, so on earth." We have learned that the kingdom of God is always, everywhere present. This is a prayer that it may come into expression and be manifest in the earth, the outer, as it is in heaven, the inner. Thus it is that God's will is done. It is very necessary in praying, "Thy will be done," to remember that his will for us is always, only good. He is love; he does not will that his children should suffer in any way, but that they may come to the knowledge of him and be blessed with his wholeness.

"Give us this day our daily bread." Jesus said: "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." This petition, then, must have a larger meaning than is commonly believed. "Daily bread" means more than the food that is taken into the stomach. There is a substance in true words, and no one truly lives unless he feeds upon words of Truth.

"And forgive us our debts, as we also have forgiven our debtors." There is a law involved here. According to this law, we cannot be forgiven until we first forgive. This would be seen more clearly if the prayer were put in the affirmative form, thus: Thou dost forgive debts as we forgive our debtors.

"And bring us not into temptation, but deliver us from the evil one." All things originate in mind; evil comes from wrong thinking. To be delivered from evil is to have the mind cleansed from all belief in evil by the Spirit in us, through prayer and meditation. In this way we are delivered from evil.

One of the secrets of the prayer of demonstration is revealed in this promise: "All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them." This is mysterious only until we see that it is the way of faith. At the tomb of Lazarus, before Lazarus came forth, Jesus said: "Father, I thank thee that thou heardest me. And I knew that thou hearest me always." He knew that he had the answer, even before he saw it manifested. When he increased the loaves and fishes, he gave thanks before he saw the demonstration. To claim the answer and give thanks for it, unwaveringly believing in God as absolutely unfailing, even before you see the proof, is one of the greatest lessons that can be learned in connection with prayer. This is the prayer of faith. With God "can be no variation, neither shadow that is cast by turning." All that he is, all that he does, all that he says, is exact law, and can no more fail than the rules you use in arithmetic can fail to produce the correct answer when they are

followed. This is the ground of our faith in prayer, and that is why it is absolutely safe to claim the good that he has promised and give thanks for it before we see it in manifestation.

This claiming of that which is ours in Truth we call affirmation. Jesus was bold and fearless in making the highest claims for himself. He affirmed, "I and the Father are one," and "All things whatsoever the Father hath are mine," and so raised himself above the prevailing thought of the world. In this way he demonstrated his Sonship. He is our example. He came to lift us into the realization of our Sonship. This is made possible by our following in his steps, by doing as he did. He said, "Judge not according to appearance, but judge righteous judgment." In the realm of the manifest world all about us, many things appear true that are not true in Spirit, and we are lifted up out of the realm of appearances and established in the Truth of our being by the prayer of faith, made in understanding.

One of the names of God is "I AM." I AM is Being. When we enter into the silence and speak this name, "I AM," it brings our being into conscious union with him in whom "we live, and move, and have our being." There is in reality but one Being. The separation of our being from God's Being is only a part of the falsity that comes from the realm of appearances. We overcome this by claiming, affirming, and praying in faith: "I and the Father are one." The first step in entering the silence is to feel the presence of God; the second step is to realize our oneness with him.

Students of Practical Christianity sometimes speak of "holding a thought." This means that they take some statement of Truth into the silence, repeat it over and over and meditate upon it until they realize its Truth. This is the way to come into understanding. It is natural for the man who is yet in ignorance of this great all-knowing One within him, to want to seek here and there, of some man or some book, for explanation of this text of Scripture or that, but the only true way to come into the knowledge of Truth is to seek the kingdom within. Teachers and books are helpful only as they turn our attention within and help us to have faith in our own indwelling Lord.

The power to "hold a thought" is the power to concentrate. Concentration, as used in its application to spiritual development, means the act of fixing the attention upon a central idea and drawing all the thoughts to that center. The thoughts of men require discipline. Thinking to a purpose must take the place of thinking at random. The silence gives thought discipline. Power to direct and control thought comes not from the personal will, but by centering within, in I AM. Thus poise and self-control are attained.

So, if prayers seem not to be answered, let us no longer accuse God of failing us, but examine ourselves whether we have truly prayed.

TUESDAY, JUNE 1

Today's Watchword: *I am conscious of God's presence with me here and now.*

God is always where man is, because He is man's very being. God is his life and without God man would be without existence.

We should consciously realize the truth that we are inseparably linked with God. We should realize that we are at all times and in all places one with him. We should consciously know that he is with us right here and now.

When evil seems to be present and to be in power, let us turn in thought to God and realize that, in absolute truth, good alone can have presence and power. Our redemption from conditions which seem adverse lies in our ability to turn adverse thoughts out of mind and to replace them with righteous thoughts. When we are freed from the erroneous belief that God is absent and evil is present, we are ready to establish in consciousness the truth that God alone has power to exist.

Conditions and situations take on a new aspect when one sees through the fog of adversity and realizes the presence of God. Many people have so practiced the presence of the Holy One that it is very easy for them to realize God's presence.

You feel things so different when you know God's right with you all the time.—*Unity Calendar (for June).*

WEDNESDAY, JUNE 2

Today's Watchword: *Through love I draw to myself all that I need for my fullest development.*

Love attracts; hate and fear repel. Hate causes one's good to be pushed away from him. His adverse thought causes his good to flee in the opposite direction. His unloving thought acts as a barrier which holds back every loving blessing.

When one is fearful, he is so tense that he is unreceptive. One in this mental attitude cannot radiate love, neither can he attract his good.

One who is unresponsive does not welcome good things. Love alone can make one respond when good comes his way. Only love can make the connecting link between man and the blessings of God.

If one seems to fail to make the proper contact with his fellow man, he should radiate more love. If one feels a loving interest in others, he will always feel unified with them; he will always share in their good and participate in their blessings.

Lack of love and compassion is a great disunifying element. Love is the great unifier, the mighty harmonizer. Love is mighty to put down all strife, dissension, and opposition. The warmth of love causes one to unite with his fellow man and to co-operate with him.

Love is the drawing power of mind. It is the magnet of the universe.—*Christian Healing.*

THURSDAY, JUNE 3

Today's Watchword: *God in me is infinitely wise. Infinite wisdom governs all my decisions and I know just what to do.*

One should not take the attitude that his problems are personal ones. He should take them as opportunities for witnessing the resourcefulness of God. He should realize that divine wisdom within him is mightier than any so-called personal problem.

We minimize worry and reduce it to nothing when we develop the ability to stand still and see the salvation of God. We need to know that God alone can work out our problems.

Indecision comes from double-mindedness, the belief in indecision, the thought that there can be two ways of doing a thing. Just know that there is but one right decision at a given time. One saves himself from confusion and from retracing his steps when he holds to the one path.

It is quite natural for us to know what to do, because within us is infinite wisdom and we have recourse to this infallible guide. We have access to the wisdom of God. In the higher consciousness of man is found infinite wisdom, all knowledge, all truth. In this consciousness, man unifies himself with wisdom.

If there comes a moment when you are in doubt as to what to do, stand still and affirm, "*God in me is Infinite Wisdom; I know just what to do.*"—*Lessons in Truth.*

FRIDAY, JUNE 4

Today's Watchword: *My thoughts are ruled by the peace and order of God and I am peaceful and orderly in all my thinking.*

The disordered mind produces disordered thinking. An inharmonious state of mind causes inharmony to manifest in body and in affairs. We can see the importance of being peaceful and orderly in mind.

Confusion no longer reigns in the mentality when one takes God as the principle and standard of his thoughts. One who thinks in this way thinks divinely. He thinks with the mind of God. Through spiritual consciousness man unifies himself with God mind.

When one's thoughts are orderly, order manifests in all one's affairs. The adjusting, regulating, harmonizing work of Spirit takes place.

With peace governing the mentality, one expresses peace and harmony in all that he does. He manifests the very peace of God. He becomes the channel through which God manifests peace.

When the thoughts seem disorganized, get still and meditate upon order and peace. Realize that in Truth there is no disorder; that only the peace and order of God can prevail.

Think in an orderly way; keep all your affairs in divine order; see order in place of chaos. Practice orderliness. Be punctual.

God is not a God of confusion, but of peace.
—I Cor. 14:33.

SATURDAY, JUNE 5

Today's Watchword: *Wiping adverse thought from my consciousness, I erase disease from my body. I am mentally and physically whole and well.*

All belief in fear, worry, hate, lack, and disease must be erased from consciousness if one hopes to demonstrate health. The smallest negative belief eventually becomes a thorn in the flesh.

We wipe adverse thought from consciousness when we establish Truth there. Where Truth abides there can be no place for untruth. Every belief which is not true of man's highest state of being is untrue in the absolute.

Many people fail to demonstrate health because they concern themselves with effects instead of causes. One should not think of disease in order to demonstrate health. He should not look at lack of health in the physical body and hope to manifest perfect health.

To demonstrate health we must think it and see it manifest. We must realize that in Truth there is only health. We must know that health is man's divine birthright, that man's true state of being is health and perfection.

In treating metaphysically, one is not working with the physical body or with the appearance of disease, but with true and untrue beliefs in consciousness.—*Getting the Clear Realization.*

SUNDAY, JUNE 6

Today's Watchword: *I am willing to free all people from my personal opinions and to let them express God in their own way.*

We should not try to direct other people through our own personal opinions and wills. We cannot live their lives for them. We cannot expect them to accept our personal opinions as their own. There would be no individuality in their lives if they thought and lived just as we do.

A standardized race would be made up of people whose thought was standardized. Theirs would be a life with no individual expression, no originality, no spontaneity.

In a play, "R. U. R.," which appeared several years ago, virtually all the characters are machine made men. They think alike and look alike. There is not the slightest evidence of individual expression. Truly we may say, "They are as much alike as two peas in a pod."

Each person must find his own indwelling Spirit and be guided solely by it. He must find his center. He must learn to be so directed by his indwelling Lord that he will not be confused by others.

The time of . . . [another's] walking alone with his own indwelling Christ, his own true self, will depend largely upon our letting go of him.
—*Miscellaneous Writings.*

MONDAY, JUNE 7

Today's Watchword: *My heart is cleansed of all bitterness and animosity. I am one with all people through unity and love.*

Little personal animosities have no place in the mind of one who would develop spiritually and demonstrate the truth. The heart, the deeper mentality, must be purified of all bitterness before one can know the sweetness of divine love.

So long as one sets up a barrier of animosity between himself and others, just that long will he hold himself without the pale of spiritual fellowship. Emphasizing nonessentials and exaggerating minor grievances often cause an unwarranted disruption between friends. The solution, of course, lies in rising above the feeling of bitterness into the consciousness of harmony and love.

If we are to make our demonstration through love, we must cleanse our hearts of all unloving tendencies; we must think and feel love; we must be so established in universal love that we cannot lower our vision to personal resentments.

All of the strife in the world is due to the lack of love. When one establishes himself in the loving consciousness, he does his part in helping to bring love to the fore.

Do not talk love, and in your heart feel resentment.—*Christian Healing.*

TUESDAY, JUNE 8

Today's Watchword: *Looking away from all personal limitations, I behold myself as perfect in manifestation as I am in the truth of God.*

In the absolute, man is free from limitations and exists in God perfect and whole. Man must keep this high ideal in mind in order to express it. He must free himself from the tendency to see himself limited in any way. He must behold himself as he exists in the mind of God. When we know the truth of the Christ man, we have power to demonstrate it.

Seeing one's personal defects tends to bind him to adverse conditions and to limitations. Seeing his perfection by beholding him through the eyes of Spirit helps him to gain a higher vision of himself.

The truth of God is equally the truth about man. God does not countenance any personal limitations. If in the sight of God man were limited, then he would be bound to limited conditions. Man would become the image and likeness of limitation. Man's salvation from adversity lies solely in the truth.

We exist in the very Truth of God as perfect beings. The truth of our perfection never changes. We may think and manifest disease but the absolute truth remains unaltered.

The Son of God is come, and hath given us an understanding, that we know him that is true, and we are in him that is true.—*I John 5:20.*

WEDNESDAY, JUNE 9

Today's Watchword: *My body is the temple of the living God and I abide in life, strength, and health.*

H. Emilie Cady tells us: "Some of us . . . make the mistake of climbing up and away from our bodies. Such abnormal outstretching and upreaching is neither wise nor profitable." We must really inhabit our bodies and keep in close union with them.

Quite often, students live so completely upon absolute statements that they seem to lose sight of the body. Early metaphysicians were inclined to deny it as something evil and carnal.

Persistent denial of the body may cause very unhealthy conditions in it. One could hardly expect to maintain unity of mind, Spirit, and body, if he were given to the practice of denying the existence of the body.

The life of God who dwells within the temple is also the life of man. There is no separation between the life of man and the life of God.

The strength of God is man's strength. When man rises out of the belief in weakness, he makes union with God strength.

The perfection and wholeness of God is man's health. When we recognize our health as part of our Godlikeness there will be no disease in our bodies.

Yet in my flesh shall I see God.—*Job 19:26*
(A. V.).

THURSDAY, JUNE 10

Today's Watchword: *I am not misled by appearances or externalities. I behold the truth back of all things.*

When we give our attention to the external we lose sight of the inner. When we allow limitation to engross our thought, we fail to see God.

Many a man has been so carried away by appearances that he failed to grasp the real truth of a situation. We cannot afford to permit veneer or sham to keep us from seeing the truth.

Instead of the appearance of disease we should see health and perfection. We should so discipline our thought and our vision that we can see right through disease and see health.

Instead of seeing personal limitations, we can see man in his perfection. Through spiritual vision we can see God coming into manifestation as perfect man. We can see man becoming more Godlike.

We should not be too quick to judge the actions of a person. His motives are not always visible to the casual observer.

That which has been called "the world of illusion" passes away when illusions are wiped from the sight of mankind.

We get our eyes fixed on the circumference, or external of our being. We lose consciousness of the indwelling, ever active, unchanging God at the center.—*Miscellaneous Writings.*

FRIDAY, JUNE 11

Today's Watchword: *Through Christ, my mind is purified of every unrighteous desire. I am satisfied and nourished by the substance and the love of Christ.*

When the consciousness is filled with thoughts which are holy and noble there is no place for any carnal desires. We purify our minds by replacing impure thoughts with those which are spiritual.

The substance and the love of Christ nourish man in a way not to be compared with that satisfaction which is sought in the outer.

Impurity of thought always reacts upon the body as disease. Depraved desires manifest as depravity both upon the countenance and upon the body. The eyes and the kidneys are especially susceptible to the imprint of impurity.

Our minds and our bodies must be purified. Every time one gives in to unholy desires he delays the time of his redemption from the woes of the flesh.

The body can only be purified by one's having first purified his thought. He must first lift himself to the Christ consciousness if he would purify the body. He must ascend in consciousness to the very presence of Christ. In that dazzling purity and glory, there can be no place for the carnal and the debased.

God is too pure to behold iniquity, and therefore I am pure Being, without a tinge of lust or passion.
—*Christian Healing.*

SATURDAY, JUNE 12

Today's Watchword: *New ideas refresh my mind and renew my body. I am refreshed, renewed, and regenerated.*

When Lot's wife looked back she became crystallized. Those who hold to old ideas, thoughts of the past, become crystallized in mind and in body. There is stagnation in the backward vision.

New and fresh ideas alone can regenerate and renew us. We must always keep our eyes to the front, facing the light. Let us turn our backs to the darkness of the past.

New ideas give new stimuli to the brain cells; a new life is set up and new life is generated. The mind is refreshed because the stagnation of old beliefs is relieved.

When we supply the brain with new ideas we nourish the mind. We give it new food for thought. New ideas are to the stifled brain as a breath of fresh air is to suffocated lungs.

The mind which is renewed through new ideas will renew and refresh the body. The old body cells will give place to new ones. Muscles, nerves, cells, and blood will be renewed and revitalized.

The business which comes under the management of a mind of new ideas takes on new life and new growth. Success and prosperity follow in its wake.

Be ye transformed by the renewing of your mind.—*Rom. 12:2.*

SUNDAY, JUNE 13

Today's Watchword: *God is now with me in all that I do, and all my affairs are divinely prosperous.*

If one would prosper, he must first cast out of mind all belief in lack and failure. He must have confidence in his success and prosperity. He must know that God in him is mighty to bring his affairs out of confusion. With God as his senior partner, he cannot fail.

When God is with us, when we consciously realize our oneness with him, we cannot lack any good thing.

How can we give God a partnership in our business? By first building it upon service, honesty, justice, integrity, good will.

How can we improve our positions? By doing our best, by acting just as God would act were he in human form, by applying truth principles in all our business dealings.

To be prosperous we must set prosperous ideas into action. If we want God as partner in what we do, we must see that only the mind of God directs and governs what we do. The mind of God is back of all righteous, orderly, and prosperous ideas.

Divine prosperity is that prosperity which is without stint or limitation.

Jehovah was with him; and that which he did, Jehovah made it to prosper.—*Gen. 39:23.*

MONDAY, JUNE 14

Today's Watchword: *God alone is real and absolute in my life. I think and act in accordance with absolute truth.*

The absolute is unrelated to limitation, unqualified by mortal thought. It is the supreme Truth of being. When the metaphysician speaks of Truth he does not refer to appearance but to the great eternal verity of God.

In the absolute there is neither sin, fear, hate, disease, nor lack. In this high, absolute Truth, there is only God and his manifestation—perfect man. When we think and act in accordance with absolute truth, there will be no fearful or hateful thoughts or feelings in us. God as spiritual might and as divine love will govern and direct us.

God comes into manifestation as the absolute in us. This it is which never changes. It is that divine something which endures at all times and under all circumstances.

Many students shy at the term, "absolute." The mathematician, however, is never timid in applying his absolute principle. The student of metaphysics seems to feel that he is reaching far beyond his powers when he refers to absolute thought, but the absolute is his one and only salvation.

Spirit, our innermost, real being, the absolute part of us, the *I* of us . . . is a standing forth of God into visibility.—*Lessons in Truth.*

TUESDAY, JUNE 15

Today's Watchword: *I am free from the tendency to find fault, to criticize, and to condemn. I praise and inspire all with whom I am associated.*

Those employed in factories to detect flaws in workmanship have their usefulness. However, the ability to find fault is not always a desirable one. Those who set themselves up as detectors of flaws in the characters of those with whom they are associated are usually persons who would not know the good if they found it.

Many people are so personal in their criticism that they seem to bind one to some negative condition from which he can never make his escape.

Our willingness to free others from our own tendency to criticize helps to free us from this tendency of others. We find our own freedom from criticism and condemnation when we grant it to other people.

When we praise another we help him to magnify and to increase his good qualities. Finally, he becomes so interested in bringing forth the good in himself that he loses all inclination to be adverse.

Praise inspires one to behold his own innate goodness. He is quickened to behold himself as he is in Truth. He sees himself through spiritual eyes and discovers that he is God's perfect man.

Lift up rather than condemn any who are struggling toward the light.—*Miscellaneous Writings.*

WEDNESDAY, JUNE 16

Today's Watchword: *The kingdom of God is within me and I am peaceful and harmonious.*

One does not look to the skies for his heaven when he realizes that God's kingdom is right within him. Man has power to make his heaven or his hell.

God is at the very heart of man's being and His kingdom is a heavenly one. When man realizes that he is most intimately related to God he realizes that he is at-one with His heavenliness.

To realize unity with God is to erase from consciousness all that is unlike Him.

One marvels that man throughout all the ages has so persistently denied away his own Godlikeness and has plunged himself into satanic conditions when all the while the truth has radiated from the sacred page: "The kingdom of God is within you."

However, man has found Truth and, in this day, more than in any other, humanity is engaged in beating back to God. We may hear that sin is rampant in the world but the fact remains that at no time in the world's history have so many people been thinking Truth and living it as are doing so today.

Religion is looking for this mighty Creator away off in some distant heaven, right in the face of the distinct teaching of Jesus Christ that God is Spirit and that his kingdom is within man.—*Christian Healing.*

THURSDAY, JUNE 17

Today's Watchword: *The light of Christ within me lightens my countenance and I radiate my joy.*

Let us express the joy which we find within us. Many people get the idea that their joy is so deep that it need not come to the surface. We hardly believe that one with real joy could maintain a hard and sorrowful countenance very long. The world is suspicious of the type of Christian who is morose and sad but who professes to have found the Christ.

If one has joy he cannot keep others from seeing it. In fact, he must see it reflected upon the faces of others if he would be certain that he has really found spiritual joy.

Joy is always contagious. If we find that our presence inspires others to happiness and joy, we may know that our joy is radiating.

Joy cannot be suppressed or hidden. Without its expression there could be no joy. We can hardly think of potential or latent joy.

As we let our joy shine forth, so do we find that there is more joy springing up within us. By giving it forth we find that more of it bubbles up within us. We find that by expressing joy we have more of it to express.

Joy helps to make the body light and buoyant.

A man's wisdom maketh his face to shine, and the hardness of his face is changed.—*Eccles. 8:1.*

FRIDAY, JUNE 18

Today's Watchword: *I am not affected by the personality of others. I am established in the peace and strength of God.*

Many people are unhappy because the personalities of other people are so strong in comparison with their own personality that they feel overwhelmed when in the company of those people. One who is so affected by the personality of others that he feels overcome by their domination should erase such a belief from consciousness by denying that personality can harm him in any way.

He should take up a thought which will eradicate this belief from consciousness and replace it with one which will help him to bring forth his own individuality. He should aim to reach that consciousness in which there is no fear of people and no belief in their personal power.

Let us establish ourselves in our innate spiritual individuality, knowing that this unifies us with all the power in the universe. Instead of being disturbed by the personality of others, we shall be quiet and peaceful. Instead of feeling weak when in their presence, we shall be strong in the consciousness of our indwelling Lord.

God alone has presence and power to that one who is established in the truth of his being.

There is no personality in the universe; there is nothing but God.—*Lessons in Truth.*

SATURDAY, JUNE 19

Today's Watchword: *God expresses himself through me and manifests as perfect man.*

God has in man a vehicle for expression. Without man, God would have no avenue for expressing himself. Man becomes the channel through which God's life, love, and strength are poured into manifestation.

The term "man" in metaphysical literature is used in the generic sense and applies to both men and women. The term carries with it no discrimination in regard to gender. The Father-Mother Principle is both masculine and feminine.

God at the heart of man is the source of man's life and being. Without God, man would be without life. Without man, God would be without the proper means for manifesting himself. The word "man" may be said to be an abbreviation for manifestation, the manifestation of man's creator.

Man develops from within outward. In the seed idea of man lie all possibilities for perfect manifestation. This seed idea is the perfect man idea in Divine Mind. It is like the acorn in which lies the giant oak. Let us bear in mind that the oak in its entirety and perfection lies within the little acorn.

Man is the offspring—or the springing forth into visibility—of God the Father.—*Miscellaneous Writings.*

SUNDAY, JUNE 20

Today's Watchword: *Forgetting the weak things and springing into a new consciousness of Christ life, I am healed mentally, morally, and physically.*

Let us drop from consciousness all memory of weakness and sin. This should be wiped from consciousness so thoroughly that there is not a vestige of it left. Having done this, we have restored ourselves to the place where we were before weakness or sin entered mind and body.

We have power to bring about a complete restoration of well-being in mind and body by erasing from mind the offending belief.

When we give up the tendency to look to the past, we prepare ourselves for the good which is ours today. The blessings of today regenerate us mentally, morally, and physically. They make us new creatures in Christ. Instead of weakness, we think and talk health and strength. The power of words of weakness is transmuted into power for strength.

Right before us lie all conceivable blessings, not before us in the future but before us as present manifestations.

But one thing *I do*, forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal unto the prize of the high calling of God in Christ Jesus.
—*Phil. 3:13.*

MONDAY, JUNE 21

Today's Watchword: *Forgetting the poor things and springing into a new consciousness of the riches of God in Christ, I am successful, and prosperity follows all my efforts.*

Today, we clear our affairs and finances of all limiting thought, all preconceived ideas of lack and failure. One should not think of his business today in terms of yesterday's adversity. He must wipe from mind every previously conceived notion which holds it to disorder or failure.

If one has not made a success of his business in the past we have no reason to feel that he cannot make it succeed today. Many a failure has learned that riches were his even during the days when he was bemoaning his lot.

Through the Christ consciousness we have power to put the prosperity thought into action in our affairs and cause it to germinate prosperity and success for us.

One rule must be observed if one would succeed: He must not mesmerize his business by holding it in a thought of failure. He must lift it up to success by giving it the sustaining strength of his prospering word. He must steadfastly think and see prosperity.

Thou preparest a table before me . . .

My cup runneth over.

Surely goodness and lovingkindness shall follow me all the days of my life.

—Psalms 23:5.

TUESDAY, JUNE 22

Today's Watchword: *There is no darkness in my mind. The light of divine truth illumines, directs, and inspires me.*

One should realize that he is free from all confusion, indecision, and doubt. He should know that he is at all times illuminated by Truth, guided by Spirit, inspired by the indwelling presence of God.

When one feels a sense of uncertainty as to what he should do, he should turn within to the guiding light of Spirit. It is reasonable to suppose that man should have with him at all times the power to decide aright. "The spirit of man is the lamp of Jehovah" (*Prov. 20:27*).

In the very darkness of despair the light of the Spirit is never dimmed. Man needs but to turn his eyes from the shadows at his back to see the guiding light ahead of him.

One needs to know that in Truth there is no darkness. In the sight of God, man is ever wise and intelligent. Walking in the light of Truth, man is spiritually guided and divinely inspired.

Let us know that the presence of light in our consciousness directs us under all circumstances. Let us feel that the Spirit of the Lord goes before and makes our way clear and safe. Let us abide in the light.

Unto the upright there ariseth light in the darkness.—*Psalms 112:4.*

WEDNESDAY, JUNE 23

Today's Watchword: *I am unmoved by adverse conditions. God in me is enduring and unchangeable.*

One is not moved by negative conditions when he is poised and centered in his indwelling Spirit. If one does not realize the truth he is easily swayed, because he has nothing to which he can anchor himself.

Adverse conditions come about through adverse thought. When the truth about man's unity with God is implanted in consciousness, adverse conditions are no longer produced. They cannot master him when he acknowledges God alone as master, when spiritual consciousness alone dominates his mentality.

To be centered in God is to be centered in his life, his love, and his strength. Neither weakness, hate, nor death can affect us when we are so anchored to God. Our life, love, and strength are truly enduring and unchangeable when we are spiritually centered and poised.

The things which so easily affect one during the day become insignificant when he sees their powerlessness to sway him. Truth should be thought of as made up of principles which endure through all times of testing.

God is All-Good—always good, always love. He never changes, no matter what we do or may have done.—*Lessons in Truth.*

THURSDAY, JUNE 24

Today's Watchword: *My mind and my vision are cleared of all belief in evil and, in its stead, I think and see good.*

We clear evil from our world when we clear the belief in it from consciousness. The world, to us, is according to our impressions of it. We view it either as good or evil. It is always the outpicturing of what we carry in consciousness.

We erase evil from consciousness by seeing that good is established in its stead. We become so convinced of the power of good that evil to us loses its power. We become so assured that good is the eternal verity of life that evil becomes nothing.

When one centers his mind upon evil conditions he lives in a world filled with only such things. His narrow vision excludes the good. His thought is so engrossed in contemplating evil that good is overlooked.

The practice of seeing good acts as a tonic to the physical eyes. The blur of distorted vision is removed when one removes the blur in the vision back of physical sight. The individual who sees things in their right relationship metaphysically finds that he improves his physical sight.

What you *think*, you create in your own consciousness. Enlarge your range of vision, and you may see good in what now seems evil.—*Christian Healing.*

FRIDAY, JUNE 25

Today's Watchword: *There is no opposition to me or to my work. All people everywhere inspire me to my best efforts and to success.*

One evidence of personal consciousness is one's belief that others can keep his good from him. Very often, men feel that fellow workers keep them from advancing. Some feel that they have enemies who work a bad influence in their lives. The whole situation is but a matter of personal consciousness.

One can be harmed only by his own belief that another can oppose or injure him. In metaphysics we do not handle persons, things, or circumstances. We deal with adverse thoughts. Correcting things mentally we find that our manifest world is corrected.

We must believe that there can be no opposition to our noble endeavors if we are to know ourselves as the unvanquished sons of God. We must know men as they are in the ideal, loving and kind, willing to inspire and to serve others. We must think in this way even of those who think that they are our adversaries. We must give them a higher ideal of themselves.

When we know that nothing can keep our good from us we are on the road to realization.

Make friends with all your adversaries quickly, whether they be persons, thoughts, or things.
—*Christian Healing.*

SATURDAY, JUNE 26

Today's Watchword: *I do not speak words of negation. Through Christ, my words are filled with joy, health, and life.*

Negative words produce negative conditions. The adverse word is prophetic of the adversity which the speaker will bring to pass until his word is neutralized by a strong declaration of truth.

Some people are unpopular because they always have something harmful to say of others. There seems to be a universal feeling that harmful words bring adversity. Curses, anathemas, and excommunications are used in some churches, with the hope that injury will be caused to those who have incurred the displeasure of their fellow church members. In Truth we know that only the individual's fear can cause harm to come to him.

We speak words of blessing and joy to the young bride or to the one going on a long journey. We wish one engaging in a new enterprise success and prosperity. When we speak a word of blessing it is charged with the Christ consciousness. We have power to bless others and to quicken their Christ consciousness in such a way that they experience healing.

When we have the consciousness of Christ, when we see all people in the right light, we always think and say that which is filled with blessing, with joy, with life; we speak words of Truth.

The mouth of the righteous is a fountain of life.—*Prov. 10:11.*

SUNDAY, JUNE 27

Today's Watchword: *All situations in my life are now working to one end—my highest good.*

Whatever the appearances presented to the contrary, all the situations in our lives will work together for good if we hold them in a strong declaration of truth. Nothing can escape our positive word. It is charged with the mind of Christ. It is impregnated with the power which makes all things subservient to itself.

But what of one's home life—what if there is opposition to one's study of Christian metaphysics? One should just know that opposition will break down before his declaration of unity and love.

What if one seems tied hand and foot, unable to free himself from adverse conditions? But he never can be bound mentally. Paul and Silas released themselves from prison because they were mentally free. They were so happy in their mental freedom that they literally sang themselves to freedom.

Even the most adverse experience must be regenerated. One must see in it hope and redemption. He must be able to realize that in Truth there can be no adversity for him. The more complex the situation the more necessary it is for one to make high metaphysical statements.

We know that to them that love God all things work together for good.—Rom. 8:28.

MONDAY, JUNE 28

Today's Watchword: *Nothing ungodlike can have place in my consciousness. God alone has reality in my life.*

The term "reality" as used in metaphysics is confusing to many. We hear a teacher say, "Disease has no reality," and we may wonder how disease can be unreal when we have seen evidences of it.

Is disease an eternal truth of God? No, wholeness and perfection alone have existence in God, in Truth.

Are disorder and inharmony eternal verities of God? No, because we know that order and harmony are the verities of God.

Scotus Erigena wrote: "A thing has real existence only so far as it is good, and its excellence is the measure of its reality." If we attributed reality only to the good and the excellent we should find our world filled with naught but good and excellent things. We should find it filled with nothing but God and his realities.

The old method of prayer was unavailing because the beseecher made realities of disease and misfortune and then sought to see these turned into nothing.

Nothing is real which is not eternal; and all conditions of apparent evil . . . are not things . . . but they are simply an absence of the opposite Good.—*Miscellaneous Writings.*

TUESDAY, JUNE 29

Today's Watchword: *I am free from the limitation of personal relationships. All people are unified with me through divine love.*

Through divine love, we lift ourselves out of the limitation of personal relationships. We free ourselves from the "mine" and the "thine." We find ourselves lifted to that consciousness in which we love all people with an equal love.

It is very easy for one to become so attached to people through personal love that he is very unhappy if they do not respond with an equal affection. We need to lose sight of the personal character of love and to see all our friends and acquaintances in the love which is high and noble.

Breaking the bonds of personal love, we find ourselves unified with all people through divine love; we find ourselves in a higher realm of consciousness.

When Jesus called his own mother "woman," he spoke to her from that high consciousness in which there exists no family relationships. In this consciousness he could behold his mother as she was related to him through the universal.

We help to redeem the race from limitations when we redeem people from limited relationships.

In Christ, or in the consciousness of the indwelling Divine Spirit, we know that every man and woman is our father and mother, brother and sister.—*Miscellaneous Writings.*

WEDNESDAY, JUNE 30

Today's Watchword: *All fear is cast from my consciousness and I rest secure in the peace and love of God.*

Fear is the thought which is back of most adverse conditions. Fear causes strain, tenseness, and worry. Man fears his fellow man, he fears the future, he fears disease.

We erase fear from consciousness by establishing ourselves in a consciousness of peace and love; we reach the place where we absolutely know that in Truth there is nothing to fear at all.

Most of the fears which one has are about disasters which never come to pass. Many people have had the experience of worrying about things and later discovering that there was no foundation whatever for their worry. Their fear and worry have come from a misunderstanding of conditions and not from the actual state of affairs.

Many people are taught in childhood to fear God. Later, in the study of Truth they discover that God is love.

People fear death. Through Truth they learn how to live and they become so engaged in getting the most out of life that death is wiped from their thought.

Let all fear depart from our minds as the shadows at morning light. Let us bask forever in the sunshine of perpetual Love!—*Christian Healing.*

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EDITORIAL SUGGESTIONS

¶ The personal message from Charles Fillmore on the back page of this issue was especially penned for Unity Daily Word students. It can be used for a wall motto. Mr. Fillmore was one of the pioneers of the Unity movement and is president of the Unity School.

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A PERSONAL MESSAGE

Health is your
heritage from
God.

God created
man healthy.

Claim your
inheritance.

Chas. Willmore

